

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 9:00 Strength Training 10:30 Video Ex. 11:00 "Prepare for the Holidays" w/Fred Bailess	2 11:00 Wii Bowl 11:30 BP Self-Check 12:45 "Red" BINGO	3 9:00 Strength Training 10:30 Video Ex. 11:00 Wii Bowl 1:00 Gift Bag Craft	4 10:00 – 3:00 Wal-Mart Shopping Frederick, MD DoA Trip-Gift Show	5 Center Hours Monday-Closed Tuesday – Friday 8:30 – 4:00
	7 Made in America Month	8 CENTER CLOSED	9 9:00 Strength Training 10:30 Video Ex. 11:45 Trivia 1:00 Puzzle games 5:30 Card Party	10 11:00 "Ask Nurse Steve" - Arthritis 12:45 "Green" BINGO	11 9:00 Strength Training 10:30 Video Ex. 11:00 Wii Bowl 11:45 Nutrition Minute. 1:00 Button Craft	12 11:00 Card Games 11:30 Snowman card craft 1:00 Local Shopping DoA Trip-BSO Holly Jolly
14 	15 CENTER CLOSED	16 9:00 Strength Training 10:30 Video Ex. 11:45 Trivia 1:00 Puzzle games	17 11:00 Lunch out with Friends 1:00 Bingo at Brunswick House <small>First Day of Hanukkah</small>	18 9:00 Strength Training 11:00 Holiday Party at ESC 6:00 Dinner & Dance	19 9:00 – 12:00 Wal-Mart Shopping Charlestown, WV	20
21 <small>Winter Begins</small>	22 CENTER CLOSED	23 9:00 Strength Training 10:30 Video Ex. 11:00 Cookie Party 11:45 Trivia 1:00 Puzzle games 5:30 Card Party	24 CENTER CLOSED Holiday	25 CENTER CLOSED Holiday <small>Christmas Day</small>	26 11:00 Card Games 1:00 Local Shopping <small>Kwanzaa Begins</small>	27  <i>Warmest WISHES FOR CHRISTMAS</i>
28 <i>Brunswick Senior Center</i> "Where everyone is someone"	29 CENTER CLOSED	30 9:00 Strength Training 10:30 Video Ex. Holiday Party/ Special Meal	31 11:00 Wii Bowl 11:30 BP Self-Check 12:45 "Holiday" BINGO <small>New Year's Eve</small>	 <h1>December 2014</h1> <h2><i>Brunswick Senior Center</i></h2>		